



The Self-Esteem Habit for Teens: 50 Simple Ways to Build Your Confidence Every Day

Lisa M. Schab

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Make self-esteem a habit, every day. Written by Lisa Schab, author of *Self-Esteem for Teens*, *The Self-Esteem Habit for Teens* offers 50 simple, positive thoughts and immediate actions to help you “perceive it, believe it, achieve it!”

When it comes to cultivating positive self-esteem, the teen years are the most challenging. You’re probably experiencing major changes—at school, with friends, physically, and mentally. But you may be tempted to compare yourself to your peers, friends, and celebrities, or get caught up in the seemingly perfect lives of others via social media. These comparisons, along with self-criticism, can feed into your insecurities and cause you to feel like you just aren’t good enough. So, how can you break the negative habits of comparison and self-criticism and start being a true friend to *you*?

In *The Self-Esteem Habit for Teens*, you’ll learn 50 easy, little ways you can make self-esteem a reality (and a habit!) every day—anytime, anywhere. Following the advice within this fun, pocket-sized guide, you’ll discover the six steps of lasting self-esteem, and find tips to help you learn from your mistakes, practice gratitude, see things from a different perspective, celebrate strengths, stop overgeneralizing, and cultivate healthy relationships.

Real change only happens with repeated practice. If you’re looking for concrete, immediate ways to help you practice and *live* the principles of self-esteem in your daily life, this little guide is chock-full of wisdom, positive thoughts, and immediate actions to help you be your best self—your authentic self!

The Self-Esteem Habit for Teens: 50 Simple Ways to Build Your Confidence Every Day Details

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From Reader Review The Self-Esteem Habit for Teens: 50 Simple Ways to Build Your Confidence Every Day for online ebook

Jayden says

Overall I think this could be a very helpful tool.

The begining introduction seems a little long, could be shortened.

The table of contexts is nice because it can be used as a reference to target a specific struggle that is happening at the moment.

By using an example scenario it can really help make it feel more relatable. As well as be easier to understand.

Now I really like how after each section there is a quote. I think it would have been better suited if placed in the believe it section. I feel the book could be more beneficial that way if changed to more of an affirmation section. As everyone situation as well as life in general isn't going to be black and white and as simple as perceive it, believe it, achieve it. Hormones are increased when your a teen and your going through the changes that come with puberty. It can be difficult to change your thoughts your experiencing or your current mindset. I think if it was more of affirmations, stating repeat/remind this (insert quote) to yourself it would be more helpful.

While I don't picture a teen reading this from front to back. This could be a great tool on how to deal with what is happening in the moment. Again this is why I like the table of contents because I feel like it could be used this way. When your having issues you could grab the book look at the contents, pick what your experiencing, and flip to that specific section.

Honestly this would have been a nice book to have on hand as a teen. Somethings you experience you don't want to share or feel like other people can relatable this could be something to turn to. Dealing with your mental health or self esteem when your younger can make a difference in your future. The sooner you start working on yourself the better.

Tesha Ham says

Disclaimer: I received a free ARC in exchange for my review; however all thoughts and opinions are solely my own.

This book is a solid start for improving a teen's, or anyone's, self image and esteem; however, it is more the foundation and a starting point than it is a way to really build self-esteem. The ideas are presented in a very simple way that is easy to read, but it follows the repetitive cycle of "dream and achieve" writing that many self-help books follow. I don't see a teenager reading this and actually taking something away from it, it would be read more like a text book found in a counselors office than a book that encourages them to be okay with themselves.

I would prefer this book if it didn't circle through the information and provided a more in depth view on what teenagers hear and see and feel and how to counteract the negativity in a realistic way. Within the first

chapter, the book presents the idea that a person will hear an insult and decide then and there that they will not believe it and it follows that theme in a circle throughout the book. It isn't always that simple, especially during a stressful and hormone-polluted period of their lives. They need to be informed on how the thought process works to get them to the point of knowing that that insult doesn't have to impact them; it isn't always a situation where they can say "that's not true".

Bibi says

I read this because I will one day have 6 teenagers in the same house at the same time. ? I read this and then summarized it with my 14 year old, and I feel like it definitely helped. I'll be buying a copy to keep for whenever the need arises, even though I feel it's necessary to know these things anyway. I loved the quotes at the end of each topic. My favorite one was, "The reason we struggle with insecurity is because we compare our behind the scenes with someone else's highlight reel." -Steven Furtick

I received an ARC in exchange for an honest review via Netgalley.

Mademoiselle Moi says

I have been looking for suggestions & ideas to help give my teen more confidence in herself and when I fell across this book, I was ecstatic. The author provides a list of various and simple ways for teens to boost themselves. I think this is a great resource for any teen and/or parent to foster ideas if they are struggling. A great starting point.

Jennifer ~ TarHeelReader says

4 stars for Lisa Schab's self-esteem habits for teens

My favorite aspects of this book included the author's great-grandfather's philosophies of life (a great personal touch!) and all the positively worded strategies she included for building self-esteem. Examples included celebrate your strengths, view yourself with compassion, and celebrate your differences. Each focus is sectioned into the parts of "perceive it, believe it, achieve it," with action steps under each area. These sections are filled with positively worded language, and I especially enjoyed the quotes included. I did not give the full five stars because I wished for a little more approachability for teens in the language and activities chosen.

Overall, this is a great resource for self-esteem for teens with many positive activities and action steps.

Thanks to Lisa M. S has, New Harbinger, and Netgalley for the complimentary copy.

Online Eccentric Librarian says

As with so many teens, my 14 year at times grapples with self esteem issues. I asked her to read and write a

review of the book, with her thoughts of what was and wasn't effective for her. Here is her review:

The book is a summary on some easy to do tips that you could use in various situations. It is easy to read and comprehend. All the points that are mentioned could easily be applied to real life situations. The book also repeated itself many times, which got boring quick. In some parts, the book was oversimplified, thus making it annoying to read.

The book first gives an example of a self-esteem problem and then it explains how to fix it. This is a nice and organized system of teaching helpful tips. The vocabulary was easily comprehensible. The ideas were expressed nicely and simply which made it fun to read. They were as easy to read as they were to use in real life situations. The solutions were quick and easy to repeat so the tips were even more helpful. As useful as these tips were, some of the ideas or processes were too similar. This repetition happened more than a few times, which proved to be quite annoying at times. In other instances, the steps of a process were so basic as to be silly, which broke the mentality of the reading. It is boring to read something that is too oversimplified.

In all, the book is good if you need a quick read and like to know some easily applied tips. The information given was nice and easy to use and try out in real life situations. Still, the book could be improved by taking out the unneeded repeats and oversimplifying paragraphs. It is a good book to show to teens and even adults.

Hayley Bourne says

Stress relief for the erudite teen!

As a high school teacher, I work with stressed-out teenagers every day and was excited to delve into The Self-Esteem Habit for Teens and more importantly to discover the 50 Simple Ways to build confidence every day. I very much hoped to be able to recommend this book to the students with whom I work.

What I like about the book is that each individual chapter provides a different method of improving self-esteem, by examining a specific trait via a given scenario. The scenario is subsequently followed by Perceive It, Believe It, Achieve It advice which I think a teen would find straight-forward and easy to digest. In fact, the 'Achieve It' sections of each chapter, in my opinion, provide the most guidance and support to young people struggling with mental health issues.

However, what I believe would discourage teens from reading and benefitting from this book is the 'Get Started: First Six Steps to Healthy Self-Esteem' introduction, which consists of 16 pages of lengthy paragraphs. From experience, I know digesting this section would instantly disengage the large majority of teens. In addition, I feel that most youngsters would stop paying attention if the scenario didn't entirely match their own issues and in some ways, these detract from the point of the stress-management techniques.

I would recommend this book to teens who love to read and would persevere through the lengthy advice. For those looking for a 'quick-fix', I'd advise checking out only the 'Achieve It' advice initially, which offers some constructive support to manage stress, improve self-esteem and develop better habits.

Xittlali Otamendi says

This book was very helpful, and it gave me a lot of wonderful lessons. I felt like I can relate to some things and others are just great tips to keep in mind. I don't regret reading this book at all. My mom recommended it to me and I'm glad she did. At first, I thought this book would be boring and only telling me advice that was the same as every book. I will rate this book a 5/5 because this book was very specific and it had a story for every step as an example.

Barbara says

The assertions in this book are sound, but I'm left doubting if it's very easy to follow the advice. Believe in yourself. Yeah, easy to say, harder to do. I didn't read far, but it didn't make me want to.
